



challenges
abroad

Supporting the



futureSense
FOUNDATION

PANAMA SUSTAINABILITY CHALLENGE

Your Passport to Global Citizenship!

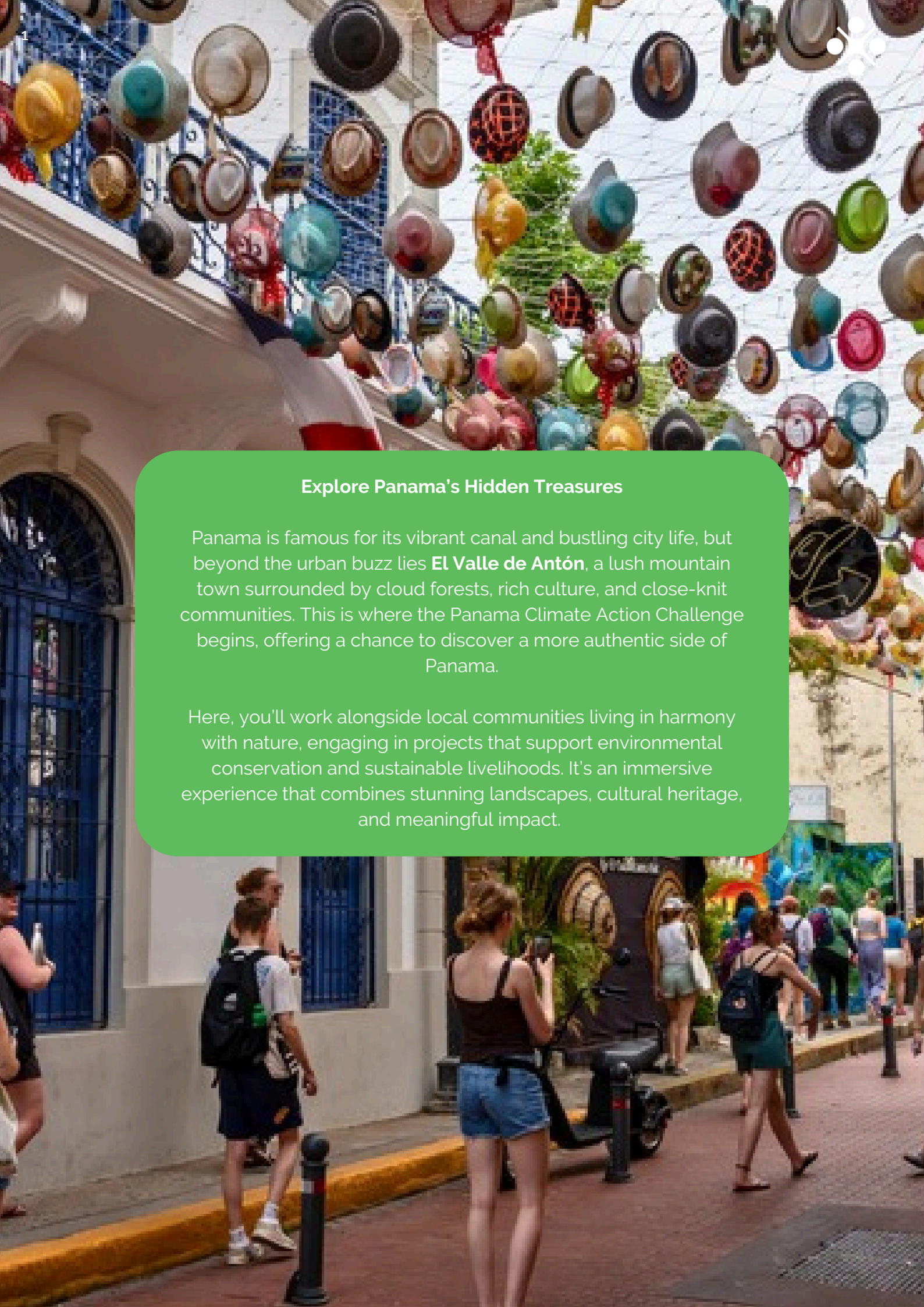
www.challengesabroad.com

Certified



Corporation





Explore Panama's Hidden Treasures

Panama is famous for its vibrant canal and bustling city life, but beyond the urban buzz lies **El Valle de Antón**, a lush mountain town surrounded by cloud forests, rich culture, and close-knit communities. This is where the Panama Climate Action Challenge begins, offering a chance to discover a more authentic side of Panama.

Here, you'll work alongside local communities living in harmony with nature, engaging in projects that support environmental conservation and sustainable livelihoods. It's an immersive experience that combines stunning landscapes, cultural heritage, and meaningful impact.



Challenge Snapshot

The Challenge

Panama faces sustainability challenges, including limited environmental awareness, scarce resources, and gaps in education and community engagement. Promoting eco-education and local involvement is key to building resilient communities and protecting natural resources.

The Goal

To **take urgent action on climate change and reduce its impacts** in Panama!





13 CLIMATE ACTION



The Solution (where you come in)

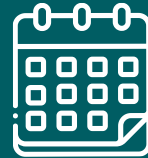
By joining this **team of global changemakers**, you'll help **address climate challenges in Panama**. Use **YOUR skill to create hands-on, engaging activities to raise environmental awareness and inspire communities** to take action for a sustainable future.

What's in it for you?

-  **Make friends for life** as you connect with other Global Citizens from across Australia
-  **Boost your employability** by gaining transferrable skills such as teamwork, communication, adaptability and more!
-  **Make a real impact** on the world as you work towards sustainable development projects.
-  **Experience something new, fill your camera roll with life-long memories and have an unforgettable adventure!**



Location:
El Valle de Anton



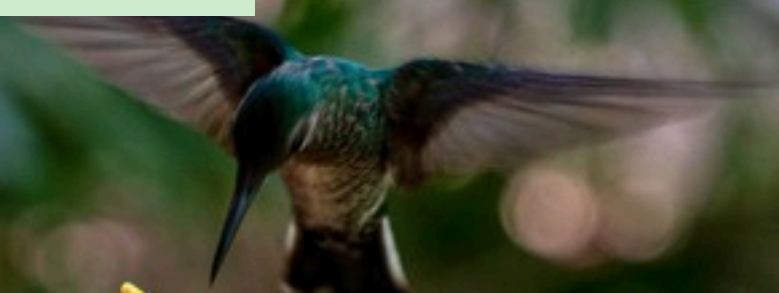
Upcoming Dates:
[Click here to view our website](#)



Cost:
\$2,650



Duration:
15 days





The Essentials

Accommodation & Meals

You will stay in **shared dorm-style rooms and bathrooms**, likely sharing your room with **2-3 other participants**. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge!

We provide **3 vegetarian meals per day Monday-Friday** (we can accommodate to further dietary requirements such as vegan, gluten free, nut free and other allergies), with weekends being your free time to explore local restaurants!

In-Country Transport

Any **required transport for project work and airport pick-up and drop-off**. Our team can also help you organize transport so you can explore the area in your free time.

In-Country Support

As well as supporting you in your project work, our team will be a **24/7 contact for you during your time overseas...** they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a **Welcome Pack, Packing List and Program Brief to help you prepare** for your travels. Our team are there every step of the way for extra support, and we'll organize a **pre-departure meeting 6-weeks before you go** to make sure everyone is on the same page and ready for the adventure.



“ The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up! ”

Global Citizen, Natan'El



Sample Itinerary

Your program is **customized to meet both the interests & experience of your team, as well as current community needs**. We will confirm specific program activities and schedule in your pre-departure meeting and briefing pack around **6-8 weeks before you travel**. In the meantime, here is a sample itinerary and activities you could be involved in:

Arrival & Orientation

Touch down at **Tocumen International Airport** and get ready to begin your journey! A member of our local team will be there to welcome you and take you to your new home for the next 2-weeks. Your orientation will include:

- Culture and language workshop
- Full introduction to your program & schedule
- A welcome dinner & local tour with your team

You'll have plenty of time to settle in, explore, and start feeling at home in your new community.



Project Days - Community Impact

Your weekdays will be packed with **meaningful community engagement!** Working as a team, you'll design & deliver fun, hands-on workshops at our partner schools - **inspiring children in their education & helping to raise environmental awareness**.

Each day you'll also have **dedicated time to plan & prepare**, ensuring your workshops are impactful and engaging.

You will also have the opportunity to participate in **climate action initiatives and tree-planting** as you contribute to the re-growth of the **spider monkey's natural habitat**.

Departure

As your program comes to an end, it's time to **say goodbye to your new friends and the community that has been your home**. This morning, you'll either travel with our team to the airport for your flight home or onward journey if you're planning even more incredible experiences while overseas.



Discover Panama

Evenings & Weekends - Time to Explore!

This is your time to make the most of everything India has to offer:

Sample local restaurants

Wander through bustling markets

Explore Indigenous cultures

Walk through Panama's beautiful rainforest and mountains

Visit the butterfly sanctuary

There are endless ways to soak up the culture!

You could spend your free weekend in Panama City (**the Panama Canal is a true engineering marvel!**), or even relaxing at the coast and enjoying the breath-taking scenery and diverse wildlife - you might even be lucky enough to spot a **sloth in the wild**.



[Find more travel inspo in our blog!](#)





What Next?

Sign up!

All you need to do is apply on our [website](#) and pay the **\$250 booking deposit**. Once accepted, you can **pay the remainder of your program fee in fortnightly, monthly or quarterly installments** leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

 hello@challengesabroad.com

We can also add you to a **group chat on WhatsApp** so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

For more insights on what your Challenges Abroad experience could look like, follow us on:



@challengesabroad



@challengesabroad





“

This program has been really amazing, getting to know the community and actually leaving a mark in a school in a different country is so cool!

”

Global Citizen, Shania

Things to start considering:

-  International flights
-  Travel insurance (might be covered by your university)
-  Visas
-  Vaccinations



Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

Ready to become a global leader? Find out more and apply [here](#).



Normas de Convivencia

Levantarse en una silla cuando se habla.
Hablar por turno y escuchar al otro.
No gritar.
Respetar en silencio.
Respetar y cuidar los materiales.
Respetar y cuidar el espacio.
Respetar y cuidar el tiempo.
Respetar y cuidar el trabajo.
Respetar y cuidar el material.
Respetar y cuidar el entorno.
Respetar y cuidar el ambiente.
Respetar y cuidar el planeta.



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